

## NEWS

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### MOUNTAIN HOME MAYOR TO DELIVER MEALS ON WHEELS

In recognition of National Mayors For Meals Day, Mountain Home Mayor Joe McNeal will be delivering Meals On Wheels Wednesday March 22, 2006. Mayor McNeal will be participating in the event to show his support for the community's seniors and to join with thousands of other mayors from across the country in attracting attention to the nutritional needs of seniors.

"We are excited about having Mayor McNeal participate in our event." Said Angela Spain, Senior Nutrition program manager at Central District Health. "We hope to raise awareness of the needs of seniors in Mountain Home and the rest of the areas we serve."

Mayor McNeal will be traveling with a regular Meals On Wheels volunteer route driver, meeting at the Mountain Home Senior Center, 1000 North 3<sup>rd</sup>, East at 10:00 a.m. The media are welcome to shadow the Mayor and his driver.

Meals On Wheels delivers hot, nutritious meals to nearly 600 homebound seniors in Elmore and Ada counties every weekday. For many seniors the daily visit by a Meals On Wheels volunteer is the only human contact they have all day. In addition to delivering meals, the Meals On Wheels program provides these seniors with a daily check on their health and well being.

For more information on the Meals On Wheels program, to become a volunteer driver or make a donation please call the Senior Nutrition program at Central District Health at 327-7460 or visit us online at [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).

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